ROTGERELITE PERFORMANCE

12-WEEK MAX SPEED PROGRAM

Disclaimer

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Certified Strength Coach, Personal Trainer & Nutrition Specialist (NCSF)
USATF Level 1 Coach

Please Read Before Beginning

The “Speed Limit” 12-Week Training Program is designed to enhance athletic performance through progressive training blocks focused on sprints, plyos, and weight training. Before beginning this or any exercise program, please review the following important information:

1. Not Medical or Therapeutic Advice

This program is intended for educational and performance training purposes only. It does **not** constitute medical advice or replace a medical evaluation. Always consult with your physician, physical therapist, or qualified healthcare provider before beginning any new exercise routine—especially if you have a history of injury, chronic conditions, or are currently under medical care.

2. Voluntary Participation & Assumption of Risk

By participating in the “Speed Limit” program, you understand and accept that physical training comes with inherent risks. These include, but are not limited to, muscular strain, cardiovascular complications, joint stress, and other forms of injury. You assume full responsibility for your participation and any outcomes, including injury or discomfort.

3. Listen to Your Body

This program includes advanced training elements such as sprinting, plyometrics, and strength work. If you experience any sharp pain, dizziness, or discomfort, **stop the session.** It is better to miss one day of training, then do too much and miss weeks of training. Training *smart* is more important then training *hard*.

4. Individual Results May Vary

Your progress and outcomes depend on your consistency, nutrition, recovery, and individual physiological factors. Just stay patient, and good things will happen!

5. Use at Your Own Discretion

The movements and percentages provided are general guidelines. Use your best judgment in adjusting volume, intensity, or movements based on your experience level and physical

readiness. If you are unsure about how to perform a specific exercise, reference the provided videos or contact Coach Jason via email at **rotgerelite@gmail.com** or DM on Instagram @jasonrotger.

6. Copyright & Intellectual Property

This training program is the intellectual property of **Rotger Elite Performance**. Redistribution, reproduction, or resale of any portion of this program without written consent is prohibited.

Let's Get to Work.

Approach every session with effort and your goal in mind. Don't just go through the motions; if you're going to train, get the most out of it!

— Jason Rotger
Rotger Elite Performance
rotgerelite@gmail.com | @jasonrotger

Warm-Ups

The warm ups attached below are just a suggestion. If you have a warm up you enjoy performing feel free to perform that. I usually like to do extensive skips, dynamic stretches, then around 150-200m of running drill volume because it all adds to the weekly plyometric volume. It is most important to hit some warm up sprints prior to the first actual sprint rep. That way reps are not wasted and you limit injury risk.

Acceleration Day Warm-Up:	**Max Speed Day Warm-Up:**
100-200m skip 20-50m for everything Bwd skip Lateral jumping jack (L&R) Jog w/ knee grab Jog w/ crosskick Jogging forward weave Jogging Bwd weave Side shuffle w/ reverse Jog w/ cut Jog w/ squat	20-50m for everything Windmill skip Backward skip lunge Side skip w/ turn A skip Skip with lateral cut Run w/ turn Jogging Forward weave Jogging Backward weave 4x walk and accel
Dynamic Flexibility Warm-Up:	**Dynamic Flexibility Warm-Up:**
10 reps each Elbow ankle lunge w/ rotation Trunk circle Lead/ trail leg lift Dynamic plough Split scissor F/S SA circle F/B Lying SL quad High Mtn. Climber Donkey kick 90/90	10 reps each Kneeling hip flexor to hamstring Kneeling groin to hamstring Thread the needle Feet pedals Alt. Spider-Man lunge Alt. Eagles Supine SL hamstring pulls Rollback to straddle
Link: **https://youtu.be/_aJ_fsujVAM**	Link: https://youtu.be/z3sCdY0LidE
Sprint Drills Warm-Up:	**Sprint Drills Warm-Up:**
1-2x20-30m each A skip B skip Ext. B skip Backward butt kick skip Backward butt kick High knee Carioca L&R	1-2x20-30m each Ankling A skip B skip High knee Butt kick Alt. Fast leg
Sprint Prep:	**Sprint Prep:**
2-3 accels at first rep distace each one progressing in intensity	2-3 accels at first rep distace each one progressing in intensity

Block 1

MONDAY - Accel	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Extensive Plyos	2x10m each Fwd Pogos Bwd Pogos S/L Hops (1x10m each leg) 2x20m Easy Bounds for Distance	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Sprints	A. 4x10m (sled+50% BW) rest 30 seconds 4x15m (no sled) rest 2-3 minutes B. 4x15m (sled+30% BW) rest 30 seconds 4x15m (no sled) rest 2-3 minutes	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
MB Throws	3x5 - 4-6lb for girls - 6-10lb for guys MB Underhand Toss for Height	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEIGHTS				
Clean High Pull	5x4 @ 60%	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Pause Back Squat	Build to a 5 rep @ RPE 7 1" pause	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Bench Press	3x12 @ RPE 7	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
RDL	3x10 @ RPE 6 1" pause at the bottom of the stretch	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
TUESDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Easy Running (60-70% effort) Ex. 100m PR is 12” 12 / 0.6 = 20” 12 / 0.7 = 17” 100m range is 17-20” reps	2sets 3x100m 2min rest between reps 3min rest between sets	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Core Circuit	Pillar 20" on 40" off V up Crunch w/ twist Superman Leg toss Flutter kick SL glute bridge L over Side hip tap Back hyper twist Bicycle crunches L up-butt up Hamstring bridge In n out Toe touch	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access

Hurdle Mobility	2x6 hurdles Walkover(L&R) Around the world Over under(L&R) Static dynamic Skip over A pause	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEDNESDAY - Max Speed	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Extensive Plyos	2x10m each Fwd Pogos L&R Pogos S/L zig zag Hops (1x10m each leg)	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Skips for height	3x30m	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Wicket sprints	6x30m - 10m build	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Hurdle hops w/ iso	3x5 2" pause in ½ squat at landing	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
THURSDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Day Off	Rest Day	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
FRIDAY - Accel + weights	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Plyos	3x Standing Broad Jump 3x Triple Broad Jump 3x Standing Triple Jump 3x RRLL(or LLRR) - submax effort	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Hill Sprints	3x 10m 15m 20m 1-2min rest between reps 3min rest between sets	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEIGHTS				
Hang Clean High Pull	5x3 @ 65%	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Front Squat	build to a 6rm 7RPE drop 15% and 2x6	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Pull ups	3x10	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
1a Hamstring curl 2 up 1 down	2x6e	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
1b copenhagen plank hold	2x20" each side	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Calf Raise: (standing DB loaded) **A. Ext Rotated** **B. Internal Rotated** **C. Neutral**	1x15 1x15 1x15	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access

SATURDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Easy Running (60-70% effort) Ex. 100m PR is 12” 12 / 0.6 = 20” 12 / 0.7 = 17” 100m range is 17-20” reps	8 minute EMOM 15" on 45" off	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
General Strength Circuit	Cammie - 20" on 20" off Prisoner squat Pushup jump in Russian twist Lateral lunge shuffle Rev. Plank march Toe touches Alt. Lunge jumps T pushups Back hyper Cossack squat L over Burpee	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
90/ 90 switches	accumulate 20 switches each side	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access

Block 2

MONDAY - Accel	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Extensive Plyos	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Sprints	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Sprint	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
MB Throws	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEIGHTS				
Power Clean	Purchase Max Speed for full access	Purchase Max Speed for full access	- Purchase Max Speed for full access	Purchase Max Speed for full access
Pause Front Squat	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Bench Press	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
RDL	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Copenhagen Raises	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
TUESDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Hurdle mobility	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Tempo running (60-70% effort)	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Ex. 100m PR is 12” 12 / 0.6 = 20” 12 / 0.7 = 17” 100m range is 17-20” reps	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Bodybuilding circuit	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEDNESDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Day Off	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
THURSDAY - Max	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Extensive Plyos	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Skips for Distance	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Flys	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Hurdle Hop rebound	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
FRIDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**Combine Thurs+Friday**

SL Box Jump	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Hang Clean	Purchase Max Speed for full access	Purchase Max Speed for full access	- Purchase Max Speed for full access	Purchase Max Speed for full access
High Box Squat (100°)	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
1a Pullups	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
1b Eccentric Nordics	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Calf Raise iso (standing DB loaded)	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
SATURDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Easy Running (60-70%) Ex. 100m PR is 12” 12 / 0.6 = 20” 12 / 0.7 = 17” 100m range is 17-20” reps	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
General Strength	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access

Block 3

MONDAY - Accel	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Extensive Plyos	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Sprints	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
3 pt Sprint	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
MB Throws	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEIGHTS				
Hang Power Clean	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
BB hip thrust	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
1a Copenhagen ISO	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
1b Plyo Pushups	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
TUESDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Hurdle mobility	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Easy running (60-70% effort)	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
WEDNESDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Day Off	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
THURSDAY - Max	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
SL bounds for distance	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
SFS(sprint, float, sprint) & flys	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
FRIDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
SATURDAY	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**
Intensive runs (70-80% effort) Ex. 100m PR is 12” 12 / 0.7 = 17” 12 / 0.8 = 15” 100m range is 15-17” reps	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access
Bodybuilding circuit (optional)	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access	Purchase Max Speed for full access

Abbreviations:

1RM	One rep max
/e	each
AMRAP	As many reps as possible
BB	Barbell
BW	Body weight
Bwd.	Backwards
Ext.	Extension
Fwd.	Forward
MB	Medball
RIR	Reps in reserve(how many more reps you think you could have completed)
RPE	Rate of perceived exertion (your effort). If it says 7RPE it means 7/10 difficulty
S/L	Single leg